

10,000 WAITERS STRIKE AS LUNCH HOUR NEARS

Thirty Restaurant Owners Out of 900 Come to Terms at Once, but Waitresses May Go Out Too.

Proprietors of 900 small restaurants and eating houses lying in the district bounded by Canal Street and Fifty-ninth Street, Third and Seventh Avenues, found themselves without waiters, this morning, when an order issued by Max Pitkowsky, business agent for Waiters' Union Local No. 1, called all members in that territory out on strike. The order affected 10,000 men and the strike was

timed to take place just before the noon rush began. Thirty of the restaurant men came to terms at once and the telephone in the union headquarters, No. 13 St. Mark's Place, was kept busy by others who called up to announce their willingness to settle the disagreement. A conference was scheduled for this afternoon, at which it was planned to organize a strike of the waitresses in the same district. The union has hired men bearing signs saying "We Patronize Only Restaurants Observing Union Conditions" to parade in front of the places whose owners have refused to grant the demands of the strikers. The waiters are striking for a week of six days instead of seven, a day of ten hours instead of one with no time limit, and for better working conditions, particularly along sanitary lines.

Cream of Tartar

is derived from grapes. This means a healthful fruit origin, a natural food, as distinguished from mineral substitutes such as Alum and Phosphate used in cheaper baking powders.

ROYAL BAKING POWDER

Made from Cream of Tartar

Absolutely Pure

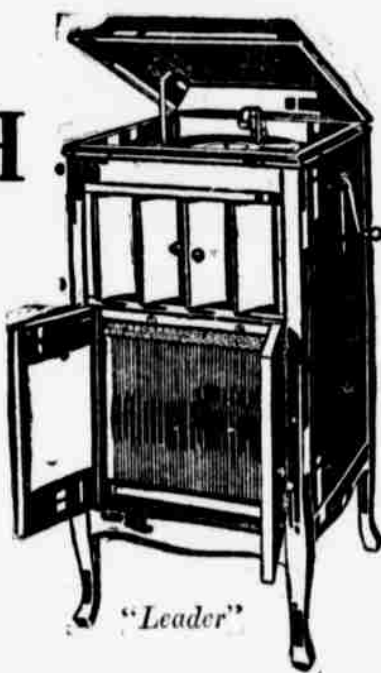
No Alum

No Phosphate

A Remarkable PHONOGRAPH OFFER

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The "Leader" has all the famous Columbia features and improvements, and an especially large tone volume, making it a particularly desirable instrument for playing dance music.

It has also the Automatic Record File and Ejector, as shown in the illustration—this is one of the most practical and convenient record-filing devices yet invented.

You make your selection of Records from our complete stocks—the Record libraries at Aeolian Hall are among the largest in the world.

Remember—This Special Offer and Terms in Effect Tomorrow Only

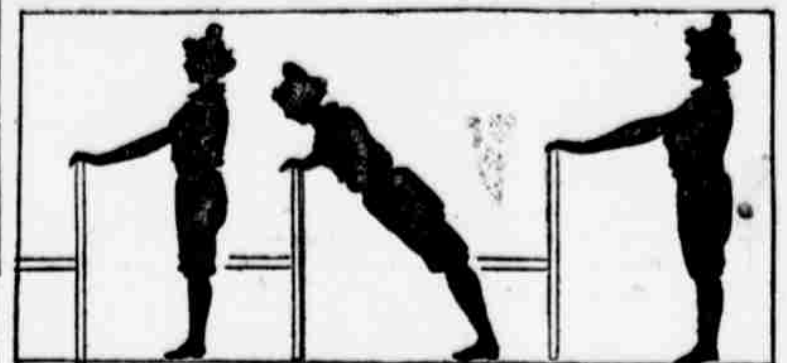
Instruments on Display both in New York and Brooklyn

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Diet and Exercise Course For Women to Improve Figure and Gain Weight

LESSON NO. 13—Developing Neck, Chest, Shoulders and Bust



TO-DAY'S EXERCISE, ILLUSTRATED.

Back numbers of these lessons may be obtained by sending a 2-cent stamp to Miss Furlong for each lesson desired, but readers are advised to order The Evening World regularly of their newsdealers (or by subscription) as the supply of back numbers is not inexhaustible.

Readers are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World. She will not print correspondents' full names. Letters must not exceed 150 words in length. State questions briefly as possible.

By Pauline Furlong.

Most of my thin readers are anxious to develop the neck, chest, shoulders and bust, and before this can be accomplished they must build up the muscles in these parts and bring the body to a normal, healthy state. No amount of massaging will bring about a beautiful bust development until the highest possible degree of health is attained. It is true that local applications help



some and there are several reliable tonics which build up the system generally and act also on the glands of the breast, but exercises are the all important methods to pursue to accomplish a speedy and lasting development.

Deep breathing and the various forms of the valuable chest raising exercises will transform the flat, hollow chested woman within a few short months, if she but persists with them daily for five or ten minutes. To-day's exercise is another form of the chest raising movement and just a little more difficult than the one shown last week, which is practiced from the wall.

TO-DAY'S EXERCISE.

Stand about two feet from the back of a chair and grasp the top of the back firmly with both hands. Lower the chest, without moving the feet from the original starting position until the chest touches the top of the back of the chair, between the hands. Repeat the exercise about six times if you are a beginner; often if it does not tire you. This exercise stretches the shoulder blades and quickly fills in the deep hollows in the collar bones.

TO-DAY'S MENU.

Breakfast—Orange, oatmeal and cream, cocoa.

Luncheon—Chicken soup with rice, baked apple and cream, graham bread.

Dinner—Roast beef, baked potato, mashed turnips, Waldorf salad.

HEALTH AND DEVELOPING.

Although I think deep breathing exercises are not especially interesting, and although the fat woman can certainly spend her time in more strenuous exercises, which, after all, compel deep breathing, the thin woman will be improved by taking the regulation breathing exercises. The fact that they are stupid and tiresome will be better for her, since she cannot get excited about taking them.

To develop the chest and bust follow the deep breathing exercises thus: Stand relaxed and let the arms hang; hold the chest and head erect. Inhale deeply and slowly through the nose and continue breathing until you feel the breath has been forced into the lungs. If you have followed these instructions the abdomen will now lie flat, while your chest will be thrown up and out. Hold the breath for five counts and then exhale through the nose. Breathe in this manner ten times a day, morning and night, in the fresh air, and within a few weeks you will notice a vast improvement in the figure, complexion and general health.

I am to-day giving the Vaucelle Internal bust developer, which acts as a general tonic and also on the glands of the breast: Fluid extract of goatberry, 10 grams; lactophosphate of

RASH ON FACE ITCHING TERRIBLE

Caused Great Annoyance. Child Cross and Irritable. Very Restless. An Awful Looking Sight.

HEALED BY CUTICURA SOAP AND OINTMENT

"My little girl had a rash break out on her face. It appeared like a cold sore and caused great annoyance and the itching was terrible so that at times she scratched till her face bled. I was ashamed to take her out and she was often cross and irritable and very restless during the night. She was an awful looking sight to behold. On the advice of a friend we tried Cuticura Soap and Ointment and in less than two weeks she was all healed and there is not a mark or blemish on her face now."—Mrs. M. J. Smith, 280 Third Ave., Brooklyn, N. Y., July 19, 1915.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

150,000 WORKERS PRESENT DEMANDS TO MINE OWNERS

Anthracite Men Want a 20 Per Cent. Raise and an Eight-Hour Day.

TALK OF COMPROMISE.

Some Operators Said to Be in Favor of Granting 5 Per Cent. Raise.

Standing in the center of the wealthiest group of coal-operators and representatives of coal-carrying companies ever gathered in this country—assembly on the twenty-fourth floor of the Hotel McAlpin, President John P. White to-day formally presented the demands of 150,000 coal miners in the anthracite region. The joint-conference between the leaders of the miners got under way shortly after 2 o'clock. Mr. White made the first speech, which followed a brief word of welcome by S. D. Warriner of the Lehigh Coal and Navigation Company.

The chief items in Mr. White's demands were those outlined heretofore in The Evening World—a 20 per cent. increase in wages, an eight-hour day and recognition of the union. These, he said, were "questions of fundamental principle and admit of no discussion."

Before going into the conference White and his assistants, thirty-five in all, were hopeful that some agreement would be reached, in spite of the frank statements from the Anthracite operators that a 20 per cent. increase is not practicable this year.

Little headway will be made at any of to-day's sessions, but to-morrow morning the battle will begin when the conference takes up, item by item, the bill of particulars of the union. Shortly after the adjournment of the operators' meeting this morning, an

lime, 10 grams; tincture fenel, 10 grams, simple syrup, enough to make twelve ounces. Take two table spoonfuls before meals three times a day.

OVERCAME BILIOUSNESS—Mrs. M. L. A. writes: I have practiced your Lesson No. 12 for biliousness and it is certainly fine. I think all people would believe in and practice the exercises if they were as sure of the ultimate good results as I am. Can you tell me what to do for dry skin? I cannot use soap or cold creams because they wrinkle. I would like to have the natural oil from the body brought to the surface, if possible. Is there anything that will do this?

Cold cream should be used on the dry skin, but not soap. Use a thin cleansing cream to cleanse the face at night. Use only cold water. Massage with a good skin food will help also. If you are thin take olive oil internally, as this will lubricate the system and improve the condition of both dry face and scalp.

WHICH EXERCISES TO USE—A. B. asks—Should the first exercise for increasing the weight be done just once a day, and the second one be done on the second day, and so on, or should each one be performed each day? If I do not follow your diet and omit certain foods which you mention, will it interfere with my taking on weight? If so, what foods should I omit and which are particularly fattening? How many times each day should each exercise be done? Is cod liver oil emulsion fattening?

The first exercises in the series are given to enable the beginners to lumber up the unused muscles without causing strain. Later on advanced methods of most of these already shown will be illustrated and described. Of course the deep breathing exercises may be taken each day. Select the movements that you think are most beneficial to your particular needs and follow those exercises and persist with them. There would be no need doing exercises to develop the lower part of the body if you are well developed below the waist line and had a thin narrow neck and chest. You will have to use your own judgment and decide. All of the foods suggested by me in the daily menus are fattening and nourishing. Exercise about five minutes a day, but not if it tires you. Yes, cod liver oil emulsion is fattening. Grape juice and olive oil, a tablespoonful of each, taken each day is also nourishing and fattening.

FORTY POUNDS TOO HEAVY—MRS. R. M. C. asks: "Will you please tell me how much too heavy I am? I am five feet four inches tall and weigh 170 pounds. I know I should not bother you with obesity questions during the developing series, but maybe you can take from your busy time to answer me." You are forty pounds too heavy and should weigh about 125 pounds. It is never too much trouble to answer any questions from either thin or fat readers.

LOST TWENTY POUNDS—MRS. F. C. writes: I have been following your course as much as my busy life will permit. Take the baths and an hour's walk every day. I feel much better and have reduced from 170 pounds to 150. I am the mother of nine children and am on my feet continually. I omit breakfast entirely and take the hot lemon water. My feet bother me a great deal, and a very heavy, dull feeling in my ankles bothers me always. I feel this especially when going up and down stairs. Can you tell me a remedy? You are certainly ambitious to reduce weight when you practice the exercises together with all of your other duties. I would suggest you do the mat exercises and all of those taken in a reclining position, since you are compelled to be on your feet all day. You may be suffering from fallen arch, and I would advise that you see a doctor about this pain and prevent further complications.

Evening World reporter was informed that the anthracite men would be inclined to yield an advance of 5 per cent. all around, but no more.

There are several big companies holding back on the compromise suggestion, but they are expected to be won over before the week ends.

Just whether such a compromise would suit the union Mr. White was not prepared to say. Here are some of the big points in the argument made to-day by White before the operators:

1. Conditions in the anthracite field have grown worse instead of better. The cost of living has gone up faster than the wages.

2. Seven hundred dollars a year is the present average of a coal miner in this field. The exception to this is the contract miner, who represents less than one-fourth of the total number employed.

3. Six hundred dollars annually is the present average for miners' laborers, inside and outside.

4. The anthracite industry is enormously profitable. The railroads that own it have paid big dividends on heavily watered stock and have laid up huge surpluses. In 1913 Reading stock earned 17.5 per cent. on its common stock. The Central of New Jersey paid 26.73, the Lehigh Valley 16.30, the Lackawanna 32.04 and the Delaware and Hudson 12.55.

5. After paying these huge profits, the roads were able to build up surpluses of \$100,000,000. The Lehigh alone had a surplus of \$25,000,000 in 1913.

6. This is a year of prosperity—every year is a year of prosperity for the anthracite operators.

7. All my people are asking is a chance to live in decency and comfort and security. They want enough to buy milk for their babies and to give them a fair start in life.

MUSIC NOTE.

Clarence Bird gave a recital in Aeolian Hall yesterday.

HUSKY MAN STEALS CANDY.

"Fixings" for Women Are Found in His Possession.

Nicholas Considine, of No. 45 East Two Hundred and Thirty-fifth Street, who says he is a bricklayer and has all the combined physical attributes of a bricklayer, an iron moulder and a horsehoe, was arrested at noon to-day for walking into the candy store at No. 246 West One Hundred and Twenty-fifth Street, picking up a two-pound box of candy and walking out. Besides the candy this was what they found on Nicholas at the West One Hundred and Twenty-third Street station:

Five bottles of cologne; a woman's handbag containing mirror, powder puff, a dairy handkerchief and manicure articles; two packages of chewing gum; a pawn ticket for a pair of rubbers.

They sent him over to Harlem Police Court.

SAYS RICH RECLUSE WAS FOUND STARVING IN NEGLECTED MANSION

Witness in Brooklyn Conspiracy Trial Tells of Strange Scene in Haslett Home.

After living alone for eight years in a mansion at No. 138 Remsen Street, during which time he would not even permit the furniture to be dusted, Samuel E. Haslett, an aged millionaire known as the "Recluse of Remsen Street," was found almost starved, according to the testimony of Robert P. Vidau, at the trial of former State Senator Frank J. Gardner and George H. Decker, a nurse, accused of conspiracy. The men are being tried before County Judge Mitchevy May in the County Court in Brooklyn. It is alleged they induced Haslett to make a will leaving them his property, valued at over a million dollars.

A friend told him Mr. Haslett was ill. Mr. Vidau said, and he went to the house with Mr. Haslett's attorney, John B. Lord. They found the furniture covered with dust, papers and books scattered on the floor, the windows black with grime. In an upper room they came on Mr. Haslett looking in a mirror.

"Who are you?" he asked Lord. "I am your friend, John Lord," Mr. Lord said. "Well, who am I?" Haslett is said to have replied. "You are Samuel E. Haslett," Mr. Lord replied, and Mr. Haslett shook his head and said he did not understand. Mr. Vidau said he and Mr. Lord then sent for vacuum cleaners.

If Tuberculosis Threatens

your chances for defeating this dreaded disease depend largely on your ability to restore or maintain the body's natural functioning.

To do this, one requirement is proper attention to diet and pure food. Also rest and fresh air, day and night. Hygienic living is the best insurance against tuberculosis.

Where the system is run down and likelihood of serious consequences thus increased, Eckman's Alternative has proved beneficial. This is a lime treatment—unlike any other. For here the lime content is so combined with other ingredients as to be easily assimilated in most cases.

A trial can do no harm, since Eckman's Alternative contains no poisonous or habit-forming drugs. At Eckman-Hegeman Co., your druggist's, or direct from Eckman Laboratory, Philadelphia.—Adv.

carpenters, glaziers and painters and put the house in order. Haslett, they found, was dangerously ill from lack of nourishment. Decker was called to nurse Haslett.

The Brooklyn Trust Company now has charge of Mr. Haslett's affairs.

MILLIONS USE IT TO STOP A COLD

"Pape's Cold Compound" ends severe colds or grippe in few hours.

Relief comes instantly. A dose taken every two hours until three doses are taken will end grippe misery and break up a severe cold either in the head, chest, body or limbs. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dizziness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed-up! Quit blowing and sniffling! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store. It acts without assistance, tastes nice, causes no inconvenience. Be sure you get the genuine.—Adv.



SPECIAL EVENTS This Week.

Sale of Men's Light Weight Underwear at Almost Half Price.

Mid-Winter Furniture Sale.

Sale of Hand-Embroidered Madeira Linens.

Store Closed Tuesday, Washington's Birthday.

Bloomingdale's
59th to 60th St. Lex. to 3d Av.

ESTABLISHED 1862

ANNOUNCEMENT

TO-DAY this sixty-four-year-old business, with all its traditions and enviable reputation for ideals of quality, is launched under a new name—

Fidelio Brewing Co.

"Fidelio" as a name, however, is not new to New York, for "Fidelio" "Purity Brand" Beer, Ales and Porter are long-established in the esteem of all who know and appreciate quality and purity in brewery products.

Under the new name, this company will maintain a strict adherence to the present standards of excellence.

"Fidelio" is the only "Purity Brand" Beer. It contains the finest imported hops and choicest American barley malt and is never sold before being properly aged.

"Fidelio" Beer is the "Pilsner of America." Unlike the imported, it is not affected by climatic changes.

"Fidelio" dark Beer is of that same rich, delicious quality that marks the best of the foreign product.

Bottled at the Brewery direct from the vat, under close personal supervision and the best possible hygienic conditions. Every bottle is pasteurized.

Served in the Best Hotels and Restaurants.
At all Dealers. \$1 per case of 24 bottles.

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